

Silver Banner

Winter 2008

Issue 66

Editor: Susan Jacobs

Mission Statement:

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, Hinsdale and Peru.

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'TIS THE SEASON

Happy Holidays! Happy New Year! Merry Christmas! Happy Hanukkah and Kwanzaa! Many holidays will be celebrated over the next several weeks, and we wish each of you good health and happiness during this special time of year. Many events that are scheduled are worth noting.

In **Dalton**, the annual Holiday Party will be held on Thursday, December 18th in the parish hall at the Dalton United Methodist Church. RSVP by Dec. 16th.

Becket will hold their annual Christmas Party at The Knox Trail Inn in Otis. Then, on the 18th, they will have their Christmas Party at the center with punch and hors-d'oeuvres with a grab bag after lunch. Call

Hinsdale will celebrate with a party on Friday, Dec. 19th at the

Another area event that I especially enjoy is the Berkshire Museum's Annual **Festival of Trees** until Jan. 4th. Hours vary, so call ahead at 443-7171,

Christmas in Dalton (formerly Light up the Holidays) will be held Dec. 13th from 5-7:30 PM.

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Also worth noting are the "Free Tuesdays" and monthly "Tuesday Afternoon Gallery Talk" series at the Norman Rockwell Museum. Mark the second Tuesday at 1:30 of each month and take advantage of this wonderful new program offered by the Museum. For more information, their number is 298-4100; website: [www.nrm.org](http://www.nrm.org), and address is 9 Glendale Road, Stockbridge.



## **DALTON EXPO RESOURCE GUIDE INSIDE**

On Tuesday, October 21st, a Community Expo was held at the Dalton CRA from 2-5 PM. A total of 24 agencies offered information as well as assisting people to sign up for services such as food stamps and fuel assistance.

Included in this newsletter is a comprehensive listing of local resources. I encourage you to tuck this Resource Guide into your phone book to have it readily available. This listing has been compiled by the UMass Nurses as part of their community nursing course. These wonderful folks were also instrumental in organizing the Expo. We hope you find it useful.

## HILLTOWN NOTES

**Becket News** (by Joan Moylan) October started off with a trip to Boston for lunch at the famous Cheese Cake Factory and a cruise on the Charles River. Most of those attending the Halloween Party arrived in costume to compete for six door prizes awarded to the funniest to the most original. Betty Shepard prepared a delicious lasagna dinner. Thank you, Betty!

Monthly **Brown Bag** distribution is on the third Friday. Please speak to Joan or Sonny for more information.

**Kevin Miller**, our Hilltown Outreach Worker has been a great support system for a lot of Becket seniors. He has worked hard to get people information that they need, such as insurance, fuel assistance and food stamps. Kevin can be reached by calling 684-2000.

**Pot Luck** is on the fourth Friday; call Sonny for information. (Sergeant Mark was cook for the November event).

December 11th will be our annual **Christmas Party** to be held at The Knox Trail Inn in Otis, MA. On December 18th, we will have our Christmas Party at the center with punch and hors d'oeuvres. After lunch, we will

have a grab bag which is always a lot of fun. Call 623-8934 All of us from the Becket Council on Aging would like to wish everyone a very Merry Christmas and a happy and healthy New Year!

**Hinsdale News** (by Jeanne Andrews & Barbara Genzabella) **Meals** are served every Wednesday and Friday in the Community Room at the Town Hall at 11:30 am with **Bingo** to follow.

Cathy Spinney (our local **SHINE** Counselor) is available for any insurance questions or problems at the Hinsdale COA office in the Town Hall on the first Wednesday of each month at 10:00 am. If you would like to schedule an appointment, please call Cathy at (413) 655-2929.

Don't forget to make your reservation for the Holiday Dinner on Friday, Dec. 19th. Call Barb at 655-2310 by Wed., Dec. 17th at noon to make a reservation.

In January, art lessons will be offered with Teri Davis. Contact Barb or Jean for date and time.

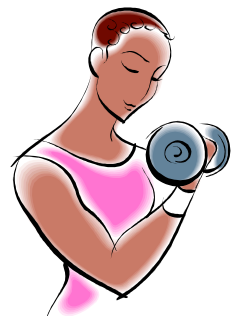
## NEW YEAR'S RESOLUTIONS

For those of us who still make these annual resolutions (after all, doesn't hope spring eternal on January 1st?), here is information on two opportunities to begin (or continue) to take care of yourself. we are offering you an opportunity to learn more about our at an orientation session

On Friday, January 9th, an orientation session for our "*Healthy Osteo*" classes will be held beginning at 10 AM in the CRA Gym. The "*Healthy Osteo*" program is designed for women as well as men who have, or hope to prevent osteoporosis, a condition in which bones become thinned, brittle and easily broken. The development of osteoporosis can be prevented or slowed by exercise and diet as well as other therapies. The exercise classes offered in Dalton were developed by Tufts, and have been shown to significantly improve muscle strength, bone density, balance and leisure time physical activity such as gardening and dancing.

Four times each week, "*Healthy Osteo*" classes are held in Dalton: on Tuesdays at 10 AM, 12:30 and 6:30 PM, and on Thursdays at 10 AM. Attending an orientation is required, so please call 684-2000 to reserve a place on January 9th, or to get more information.

The **CRA** is offering a 15% discount off individual, 3, 6 or 12 month membership fees for seniors. Call Tammy or John at 684-0260 for more information.



## ELDER SERVICES

The **Money Management Program** at Elder Services of Berkshire County assists low-income elders and in some cases people with disabilities who need help managing their household finances.

The Money Management program has three types of volunteers: *bill payers*, *representative payees* and *monitors*. Volunteers are screened, trained and then matched with a person who has been referred to the program. Sometimes people refer themselves for this type of help.

After an initial meeting and a signed agreement, the volunteer meets with the client on a monthly basis, sorting mail, writing checks for the client's signature, balancing the checkbook and helping the person manage a budget. All information is kept in strict confidence.

The program is available to low income people 60 years and older who do not have anyone else to help them manage these recurrent financial tasks. If you or someone you know might benefit from the Money Management Program, or if you would like to join the team of dedicated volunteers who provide



this service, please call Elder Services at 413-499-0524 or 1-800-544-5242, and ask for Money Management.

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Elder Services provides a variety of in-home services designed to enable elder to remain independent at home. Services include home-making, personal care, meal preparation, home delivered meals, home health services, laundry, shopping, adaptive equipment, companion, Social Day Care and Adult Day Health.

To receive home care services, someone must be age 60 or older and be both need and income eligible. In a one person household, the income must be \$23,475 or less. In a two or more person household, the income must be \$33,217 or less. There are no income guidelines for the respite program, the volunteer programs or for home-delivered meals.

If an elder is interested and calls Elder Services for an appointment, a Client Services Coordinator will call within 24 hours to set up an appointment to visit them at home. During that visit, the Client Services Coordinator and the elder will discuss what services would be most helpful. Call Elder Services at (413) 499-0524 or 1-800-544-5242, and ask for the Information & Referral Dept.

"BREAKFAST CLUB"

This program has become a real hit! The monthly event is held in the lobby of the CRA and includes a walk (indoors in the bad weather), breakfast and a speaker or other program. Upcoming Friday dates in 2009 are: January 23rd, February 27th and March 27th.



The Program Committee consists of COA Board member Maureen Mitchell and Bev Benoit of our COA, Carol Morrison, Helga Knappe and Mary Lagrotteria. Program Committee meetings are on the third Monday at 3 pm at the CRA. If you would like to be part of this committee, please plan to attend their next meeting. You are all encouraged to call (684-2000) or email (dcoa@bcn.net) your program suggestions for the committee to consider.

Phone: 413-684-2000
 Fax: 413-684-4033
 Email: dco@bdcn.net

400 Main Street
 Dalton, MA 01226

HILLTOWN ASSOCIATION OF COUNCILS ON
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PROGRAMS & EVENTS IN DALTON:

FOOT CLINICS: 9-4 at the DALTON CRA on Jan. 27th & March 24th. Call the COA to book an appointment. Fee.

BLOOD PRESSURE CLINIC: Third Thursday at Grace Church,

OIL PAINTING CLASSES: Tuesdays, 1-3 PM at Dalton CRA. Fee.

LUNCHES: Mondays and Thursdays at noon, Grace Church Guild Hall with special events held monthly.

"VETERAN OF THE WEEK", from the Veteran's History Project shown Saturdays on Channel 16, Warner Cable. [Note: Check out the VHP website at www.loc.gov/vets.]

MAH JONGG—Anyone interested in learning to play? We have an instructor ready to teach beginners this fascinating old game. Call 684-2000 for details.

Last thought for the day..... The older we get, the fewer things seem worth waiting in line for.

Tough Times Hurt Everyone

(From the Berkshire Humane Society)

Help our Neighbors feed their Pets through the cold, costly winter ahead.

Please donate pet food today

Dry & Canned Cat, Dog & Rabbit Food can be left at the shelter at 214 Barker Road in Pittsfield, MA

The Berkshire Humane Society distributes the food free of charge to anyone who asks us to help feed their pets during difficult times.

Any and all Pet-food donations are greatly appreciated.

413-447-7878